



DDN series

Outline for March 20, 2007
Presenter – Darcy Jensen, MAPP-SD

Meth- Brief overview
Signs/symptom
Diagnosis

Meth Addiction
Brain changes
Emotional issues

Treatment issues
Inpatient/outpatient
Recovery/relapse
Support networks

A new report from SAMHSA shows the number of people seeking treatment for Meth use or addiction quadrupled from 1993 through 2003, from 13 per 100,000 to 56 admissions per 100,000 population aged 12 or older. South Dakota jumped from 5 to 90 per 100,000.

The effects of Meth abuse are devastating, but there is hope for those who use or are addicted to the drug.

Meth addiction is different from addiction to alcohol or other drugs and, most often, traditional methods of treatment are not as effective for addicts. For example, while detoxification for alcohol and other drugs may take hours or a few days, Meth remains in a person's system for days. It can take six weeks or longer to de-tox. Also, many people are on a binge when they enter treatment and typically crash during their de-tox period, forcing a need to sleep - sometimes for days. This will cut into the standard time allotted for most treatment programs.

Research into Meth addiction recovery points to a need for a multifaceted approach. Meth abuse not only affects addicts' physical health, but also their emotional, mental and spiritual well-being. Following detoxification, 12 Step recovery programs such as Alcoholics Anonymous and Narcotics Anonymous and are key elements in obtaining and maintaining recovery.

Contact Brian Kanz at the South Dakota Division of Alcohol and Drug Abuse for information on Meth treatment placements.